



National Nutrient Database for Standard Reference  
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 09185, Melon balls, frozen

Report Date: June 30, 2017 15:06 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.6 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, unthawed 173g
<b>Proximates</b>					
Water	g	90.26	3	0.162	156.15
Energy	kcal	33	--	--	57
Energy	kJ	138	--	--	239
Protein	g	0.84	3	0.014	1.45
Total lipid (fat)	g	0.25	3	0.095	0.43
Ash	g	0.71	3	0.017	1.23
Carbohydrate, by difference	g	7.94	--	--	13.74
Fiber, total dietary	g	0.7	--	--	1.2
<b>Minerals</b>					
Calcium, Ca	mg	10	3	0.600	17
Iron, Fe	mg	0.29	3	0.038	0.50
Magnesium, Mg	mg	14	3	0.066	24
Phosphorus, P	mg	12	3	1.638	21
Potassium, K	mg	280	3	8.544	484
Sodium, Na	mg	31	3	2.028	54
Zinc, Zn	mg	0.17	3	0.007	0.29
Copper, Cu	mg	0.060	3	0.012	0.104
Manganese, Mn	mg	0.040	3	0.000	0.069
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	6.2	3	3.361	10.7
Thiamin	mg	0.166	3	0.132	0.287
Riboflavin	mg	0.022	3	0.002	0.038

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, unthawed 173g
Niacin	mg	0.640	3	0.052	1.107
Pantothenic acid	mg	0.163	3	0.010	0.282
Vitamin B-6	mg	0.106	3	0.010	0.183
Folate, total	µg	26	3	2.100	45
Folic acid	µg	0	--	--	0
Folate, food	µg	26	3	2.100	45
Folate, DFE	µg	26	--	--	45
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	89	3	2.650	154
Retinol	µg	0	--	--	0
Vitamin A, IU	IU	1774	3	52.992	3069
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
<b>Lipids</b>					
Fatty acids, total saturated	g	0.064	--	--	0.111
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000
12:0	g	0.002	--	--	0.003
14:0	g	0.002	--	--	0.003
16:0	g	0.052	--	--	0.090
18:0	g	0.006	--	--	0.010
Fatty acids, total monounsaturated	g	0.006	--	--	0.010
16:1 undifferentiated	g	0.000	--	--	0.000
18:1 undifferentiated	g	0.004	--	--	0.007
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.098	--	--	0.170
18:2 undifferentiated	g	0.042	--	--	0.073
18:3 undifferentiated	g	0.056	--	--	0.097
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, unthawed 173g
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Fatty acids, total trans	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
<b>Amino Acids</b>					
<b>Other</b>					
Alcohol, ethyl	g	0.0	--	--	0.0